Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application:

Listing of Claims:

Claims 1-28 (Cancelled).

29. (Currently Amended) A method for updating a remote non-email database stored on a remote computer with first update information stored in a server non-email database stored on a server computer, the method comprising:

having the server non-email database transfer the first update information to a server messaging application running on the server computer or a computer networked to the server computer;

forming an electronic mail [[or text]] message containing the first update information and having an address selected to deliver the message to the remote computer;

having the remote computer extract the first update information from the message; and

using the first update information to update the remote non-email database.

30. (Currently Amended) A method for downloading first update information from a server non-email database stored on a server computer to a non-email application running on a remote computer, the method comprising:

having the server non-email database transfer the first update information to a server messaging application running on the server computer or a computer networked to the server computer;

forming an electronic mail [[or text]] message containing the first update information and having an address selected to deliver the message to the remote computer;

having the remote computer extract the first update information from the message; and

providing the first update information to the non-email application.

31. (Currently Amended) A method for at least partially synchronizing a remote non-email database stored on a remote computer with a server non-email database stored on a server computer, the method comprising:

having the server non-email database transfer first update information to a server messaging application running on the server computer or a computer networked to the server computer;

forming an electronic mail [[or text]] message containing the first update information and having an address selected to deliver the message to the remote computer;

having the remote computer extract the first update information from the message; and

using the first update information to at least partially synchronize the remote non-email database with the server non-email database.

32. (Currently Amended) The method of claim 29 further comprising:

having the remote non-email database transfer second update information to a remote messaging application;

forming an electronic mail [[or text]] message containing the second update information within the body of the message and having an address selected to deliver the message to the server;

having the server extract the second update information from the message, and

using the second update information to update the server non-email database.

33. (Currently Amended) The method of claim 30 further comprising:

having the remote non-email application transfer second update information to a remote messaging application;

forming an electronic mail [[or text]] message containing the second update information within the body of the message and having an address selected to deliver the message to the server;

having the server extract the second update information from the message, and

using the second update information to update the server non-email database.

34. (Currently Amended) The method of claim 31 further comprising:

having the remote non-email database transfer second update information to a remote messaging application;

forming an electronic mail [[or text]] message containing the second update information within the body of the message and having an address selected to deliver the message to the server;

having the server extract the second update information from the message, and

using the second update information to at least partially synchronize the server non-email database with the remote non-email database.

35. (Previously Presented) The method of claim 29, 31, 32, or 34 wherein the non-email database comprises one of a personal information database and an inventory database.

36. (Previously Presented) The method of claim 35 wherein the non-email database comprises a personal information database that comprises calendar and address information.

37. (Previously Presented) The method of claim 30 or 33 wherein the non-email application comprises one of a personal information application and an inventory application.

38. (Previously Presented) The method of claim 37 wherein the non-email application comprises a personal information application that provides the user with calendar and address information.

39. (Previously Presented) The method of claim 29, 30 or 31 wherein messages are received at the remote computer by a remote messaging application that is a text-messaging or e-mail application principally intended for receiving text messages or e-mail addressed to the user of the remote computer.

40. (Previously Presented) The method of claim 39 wherein a hook application running on the remote computer recognizes from the address of the message that the message is intended for use by the remote non-email database and extracts the message from the remote message application and provides it to the remote non-email database.